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THE ARTS CLUB  
LONDON

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MEMBERSHIP

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## ENCOURAGING HEALTH AND LONGEVITY IN YOUR DAILY LIFE

The ethos of Lanserhof at The Arts Club is to simply “live well for longer”.

Offering a holistic, integrated approach to healthcare, our unique clinic in the heart of Mayfair utilises innovative medical treatments from leading experts, combined with a world of high-end training possibilities and nourishing cuisines.

We recognise that good health at a physical, mental and emotional level brings with it vitality, efficacy, resilience and composure.

With this in mind, we take a unique approach to our membership offerings, where each category includes customised diagnostics and assessments to tailor-make every member's time with us.

Whether you join solo, with a companion or through your place of employment, where better to encourage wellness, optimal productivity, as well as effective stress and emotional management, then with us.

To learn more, delve in to Lanserhof at The Arts Club's comprehensive Membership packages of health and preventive medicine, and gain unrestricted access to leading discoveries in diagnostics, medicine and fitness.

## MEMBERSHIP OPTIONS

FULL MEMBERSHIP	EXECUTIVE MEMBERSHIP
OVERSEAS MEMBERSHIP	CORPORATE MEMBERSHIP

**All Memberships include a medical assessment and incorporate a one of a kind training system, to generate exercise plans that are customised, ever-evolving and designed to keep pain and injury at bay.**

New Members benefit from a doctor's consultation plus functional diagnostics, using the latest technologies, to ensure training is efficient and targeted to the idiosyncrasies of each person's body.

Under the watchful eyes of our experts, including medics, sports scientists, sports therapists, physios, nutritionists, trainers and therapists, Lanserhof's multi- award-winning team is always here to guide you.



## FULL MEMBERSHIP

The Full Membership is our go to membership for those based in London for the majority of the year. In this membership you will undergo a detailed assessment where a tailored training plan is created for you.

### The Full Membership includes:

- Full Access to the club & gym
- Unlimited Studio Classes
- Use of the exclusive Member's Lounge
- Member pricing on medical services
- 10% off room rates at Lanserhof resorts
- 5x Guest Passes
- 1x Gym induction including a 3D Body Scan
- 1x Movement assessment and bespoke training plan
- 1x Spine assessment in our Spine Lab
- 1x Initial medical consultation with our GP
- 1x Initial musculoskeletal (MSK) assessment
- 1x Initial Personal Training Session
- 1x Initial Cryotherapy
- 1x Initial Infusion therapy

### ADDITIONAL ADD-ONS

- Butler Service



## EXECUTIVE MEMBERSHIP

The Executive Membership enables you to buy a higher number of services at a preferential rate. This is your go to Membership if you want to stick to a routine and have all services included as a one-stop shop.

### The Executive Membership includes:

- Unlimited access to the club & gym
- Unlimited Studio Classes
- Use of the exclusive Member's Lounge
- Member pricing on medical services
- 10% off room rates at Lanserhof resorts
- 60x Personal Training Sessions
- 12x Classic Massages
- 10x Cryotherapy Sessions
- 10x Guest Passes
- 1x Gym induction including a 3D Body Scan
- 1x Movement assessment and bespoke training plan
- 1x Spine assessment in our Spine Lab
- 1x Initial medical consultation with our GP
- 1x Initial musculoskeletal (MSK) assessment
- Butler Service



## OVERSEAS MEMBERSHIP

The Overseas Membership gives the flexibility to have a health and fitness base when in London. To apply for this membership you are required to have a residence outside of the UK.

### The Overseas Membership includes:

- Access to the club & gym (36 visits per annum)
- Studio Classes in accordance with the 36 visits
- Use of the exclusive Member's Lounge
- Member pricing on medical services
- 10% off room rates at Lanserhof resorts
- 3x Guest Passes
- 1x Gym induction including a 3D Body Scan
- 1x Movement assessment and tailored training plan to keep you on track whilst not in London
- 1x Initial medical consultation with our GP
- 1x Initial Personal Training Session
- 1x Initial Cryotherapy
- 1x Initial Infusion therapy

### ADDITIONAL ADD-ONS

- Butler Service



## CORPORATE MEMBERSHIP

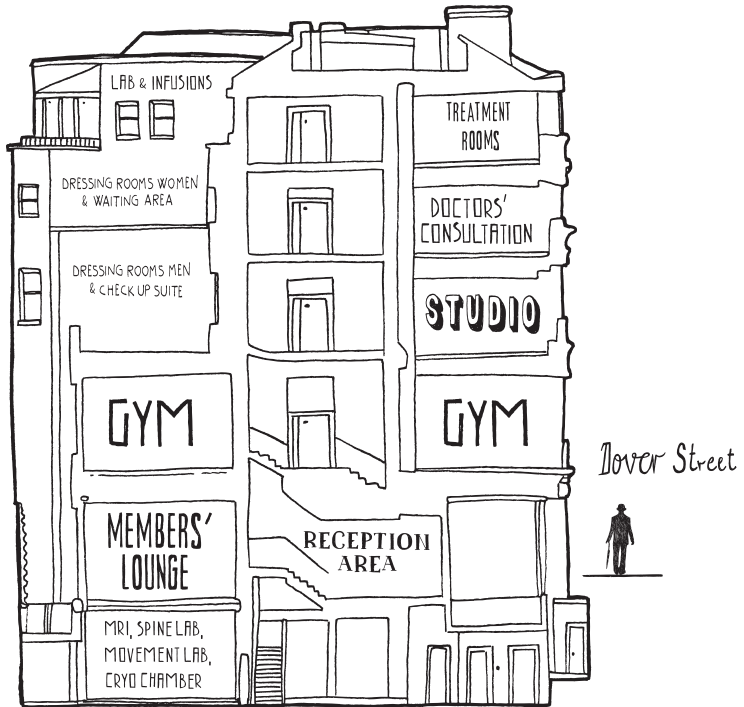
The Corporate Membership could be tailored to your team's needs. It starts with an Initial Health Screening and provides access to the gym and unlimited class offering of the Club.

### The Corporate Membership includes:

- 1x Initial Health Screening (including initial and follow up GP appointment, Baseline Medical Assessment, Resting ECG, 3D Body Scan, detailed Blood test and Urine test)
- Access to the club & gym
- Unlimited Studio Classes
- Use of the exclusive Member's Lounge
- Member pricing on medical services
- 10% off room rates at Lanserhof resorts
- 3x Guest Passes
- 1x Gym induction including a 3D Body Scan
- 1x Initial Personal Training Session
- 1x Initial Cryotherapy
- 1x Initial Infusion therapy

### ADDITIONAL ADD-ONS

- Butler Service
- Ultimate Health Check Up
- Cardiac Health Check Up



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